

Prep Op Team

January 2009



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Happy New Year!

Meet Season

The start of 2009 means the start of our competitive season. Our first meet is at Farmington Gymnastics Center the weekend of January 30, 31, & February 1st. There is no word yet on when exactly we will be competing, but as soon as we know we will pass it along to you!

Farmington Gymnastics is located at 23966 Freeway Park Dr. Farmington Hills, MI 48335. They can be reached at (248) 478-6130 or www.farmingtongymnastics.com if you need further directions. Please do not call them to find out meet times.



Meet Check List

- ◇ Team Warm-Up (Jacket & Pants)
- ◇ Scrunchie & Team Hair-Do
- ◇ Team Leotard
- ◇ Team Gym Bag
 - *Copy of Floor Music
 - *Athletic Tape
 - *Water Bottle
 - *Deodorant
 - *Chap Stick
 - *Grips
 - *Hairspray & Hair Supplies

Optional Items for Parents:

- Video Camera
- Still Camera (Flash photography isn't usually allowed during competition.)
- American Allstars Apparel or colors to wear in support of your gymnast and team.

Sleepover

Hopefully all the girls enjoyed our first team sleepover of the season. There wasn't a lot of sleeping, but there was a lot of music, dancing, flipping, and food. It was a lot of fun to see the girls let loose and have fun!

Check the Web!

AmericanAllstarsKids.com

Leotard Washing Instructions

Please be very careful if you wash your gymnast's team leotard. They are very delicate and the colors can easily run. I have a print out of Motion Wears washing instructions for anyone who needs it. Please be careful!

Supporting Your Gymnast

Team members work very hard to obtain and perfect their skills so when they compete they can do their very best. 100% effort and focus is what we expect from each and every AAGA gymnast.

Scores are calculated by judges who have some leniency in the points that they give. They can give or take points for creativity, fluidity,

originality, form, etc. These are all things that can vary from meet to meet and judge to judge. Please understand that while we want every gymnast to be rewarded for their hard work with medals at each meet, winning is not everything. **Effort** is the most important aspect of competition. No one can ask for more than your

gymnasts personal best. Please support your gymnast no matter what place they take and let us "coach" them on the technical aspects.

To help your gymnast properly prepare for a meet make sure they are well rested, fed, & hydrated. Please also plan accordingly so they arrive to the venue on time and do not feel rushed.

Meet NO-NOs

- NO nail polish
- NO bras showing
- NO underwear showing
- NO picking wedgies
- NO touching hair
- NO costume make-up
- NO jewelry (1 pair of small stud earrings allowed)
- NO parents in the competition area/floor
- NO negative comments about other gyms or gymnasts

January



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Years Day	2 Regular Practice Resumes 5:15-7:30	3
4	5	6	7 Practice 6:00-8:45	8	9 Practice 5:15-7:30	10
11	12	13	14 Practice 6:00-8:45	15	16 Practice 5:15-7:30	17
18	19	20	21 Practice 6:00-8:45	22	23 Practice 5:15-7:30	24
25	26	27	28 Practice 6:00-8:45	29	30 Practice 5:15-7:30 MEET WEEKEND Farmington Gymnastics	31

Wolverine Classic Meet Leotard

The wolverine classic meet always offers a special leotard that gymnasts can order. It has the name "Wolverine Classic" in rhinestones across the front. You can pick it up the day of the meet at the meet site. The cost for the leotard is \$32.00.

If you are interested in purchasing this leotard, please sign up for it at the front desk. You can also see a larger view of what the leotard looks like. You will make the payment to us, and then we will pay them as a gym for the leotards.



Coach Liz stopped by to say, "HI!"



2008 Holiday Spectacular

Wow! Thank you to all the team girls who participated in the 2008 Holiday Spectacular. The team tumbling demonstration was a huge success and the girls did an amazing job. The audience and participants loved watching what the "big" kids could do. One little girl even shouted out after watching them, "I want to be in their class!" Thank you again for doing so awesome and inspiring others :)



Also, congratulations to all those gymnasts who showcased their routines in the final show. You all did a great job and hopefully had fun in the process. The show was a great chance for you to practice your routines in front of an audience. You made us all very proud!